

# Healthy Living Center

777 W. State St. Building 2  
Columbus, OH 43222



## *Together as Women Let's Dance*

**Tuesday, April 17<sup>th</sup>, 2018  
11:00am – 12:30pm**

**Mount Carmel West Healthy Living Center  
777 W. State St. | Building 2 | Room 126**

Join us for this class that uses dance and music, allowing you to release stress and build confidence. Using movement we will create change in your body and mind through repeated movements throughout the class. Together, as women, we will push through challenges and find your inner strength. Let's *MOVE*!

**Tahtianna Alston**, Youth Empowerment Coach, Singer/Songwriter,  
Dancer and Social Work Student.



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**To register please call:  
614-234-4660**

This class is being offered at no charge due to generous funding from the Mount Carmel Foundation.